

# Exercise Timetable

	06:00 – 06:30	06:30 – 07:00	07:00 – 07:30	07:30 – 08:00	08:00 – 18:00	18:00 – 18:30	18:30 – 19:00	19:00 – 19:30	19:30 – 20:00	20:00 – 20:30	20:30 – 21:00
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											

NHS guidelines are that adults aged 19-64 should partake in at least 150 minutes of moderate aerobic activity a week and complete strength exercises on two or more days a week.